Claims

1. (Previously Amended) A system for reducing human body weight comprising:

a. a portable kit that includes a plurality of foods with a predetermined total carbohydrate content, said foods spatially organized in levels, wherein each level includes foods of substantially similar carbohydrate content and wherein said substantially similar carbohydrate content varies from level to level; and

b. spoiling prevention means for keeping said foods from spoiling;

whereby the system provides permanent weight loss by limiting a daily carbohydrate intake to said predefined carbohydrate content.

2. (Previously Amended) The system of claim 1, wherein each said food is contained in a separate container.

3. (Previously Amended) The system of claim 2, wherein said levels vary from a bottom level with N containers of substantially carbohydrate free foods to a top level with M containers of high carbohydrate content foods, and wherein M<N.

4. (Previously Amended) The system of claim 3, wherein said levels includes three levels, said bottom level, a middle level and said top level, and wherein said bottom level includes four said containers, said middle level includes three said containers, and said top level includes one said container.

5. (Original) The system of claim 4, wherein said spoiling prevention means include cooling packs.

6. (Previously Amended) The system of claim 5, wherein said cooling packs are arranged in accordance with said levels to provide cooling to each said container.

7. (Original) The system of claim 6, wherein each said level is color-coded.

8. (Original) The system of claim 7, wherein said color-coding is provided by said cooling packs being colored with a different color for each said level.

9. (Original) The system of claim 7, wherein said color coding include red for said top level, yellow for said middle level and green for said bottom level.

10 -17 (Canceled)

18. (Previously Amended) A portable dieting apparatus comprising:

a. an asymmetrically shaped kit that includes a plurality of food storage units; and

b. a plurality of foods having a known total carbohydrate content stored in said storage units by levels according to a carbohydrate content order, wherein each level includes foods of substantially similar carbohydrate content and wherein said substantially similar carbohydrate content varies from level to level;

whereby the apparatus provides a predetermined daily carbohydrate intake that leads to permanent weight loss.

19. (Original) The apparatus of claim 18, wherein said storage units are separate containers.

20. (Original) The apparatus of claim 18, wherein said storage units include separate compartments in a one-piece enclosure.

21. (Original) The apparatus of claim 19, further comprising spoiling prevention means to keep said foods from spoiling.

22. (Original) The apparatus of claim 21, further comprising color-coding means for marking said carbohydrate content order.

23. (Original) The apparatus of claim 18, wherein said asymmetric shape includes a substantially pyramid shape with a wide bottom and a narrow top, and wherein said plurality of foods stored in said storage units according to a carbohydrate content

order include carbohydrate-free foods stored in storage units near said bottom and at least one carbohydrate rich food stored in at least one storage unit near said top.